

# Toolbox Talk: Ladder Safety

## Do's and Don'ts of Using a Ladder

As simple as it may seem to use a ladder, many disabling injuries occur each year due to improper use of ladders. Knowing the “Do’s” and “Don’ts” can help you avoid becoming another victim of falling from a ladder.

**Do...**look overhead before placing a ladder, with special attention to power lines and other electrical hazards.

**Don't** ...assume the area above the ladder is clear of hazards.

**Do...**use ladders made of non-conductive material when working around power lines or other electrical hazards.

**Don't** ...use aluminum ladders when working around electricity.

**Do...**set up the ladder on the ground, floor, or other level, stable surface.

**Don't**...place a ladder on slippery, cluttered, or unstable surfaces such as boxes, carts, tables, etc.

**Do...**take your time and climb one rung at a time while using the “3 Point Contact” rule.

**Don't**...hurry up a ladder to complete a task.

**Do...**climb down and move the ladder to get proper access to the work area. Keep your belt buckle between the side rails.

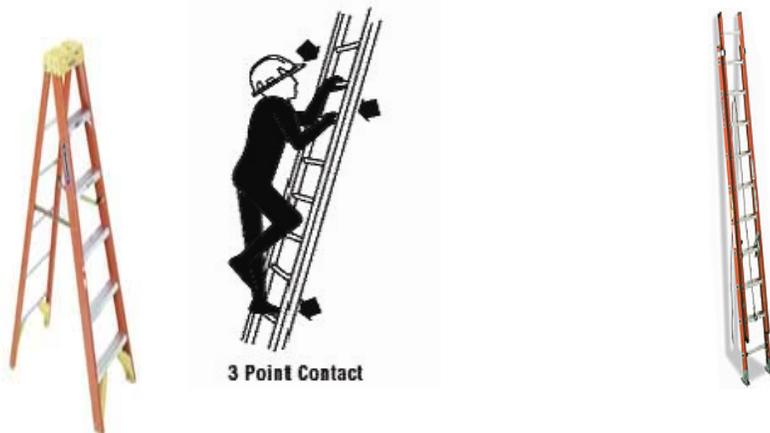
**Don't**...overreach beyond the side rails to conduct work.

**Do...**climb all ladders facing the rungs.

**Don't**...turn your back to the ladder at any time.

**Do...**use a bucket or other means to lift objects to the work area.

**Don't**...carry heavy objects or tools up the ladder.



*This Toolbox Talk was developed through the Construction Roundtable of OSHA’s Alliance Program for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor.*

**Discussion leader duties:**

Obtain a ladder that you or an employee can use during the discussion to demonstrate key points.

**What this Toolbox Talk covers:**

This toolbox talk covers several “Do’s” and “Don’ts” of ladder use.

**Discussion notes:**

Discuss the various negative outcomes that would result from each example of “Don’t” and why it is important to “Do” the right thing.

**Review Questions: True or False**

1) It is OK to turn your back on a ladder when carrying heavy objects.

**FALSE:** Never turn your back OR carry heavy objects.

2) If needed, a ladder can be placed on a small table to get higher.

**FALSE:** Never place a ladder on any unstable surface.

3) Climbing a ladder one rung at a time is a waste of time.

**FALSE:** Safety is never a waste of time. Climbing a ladder one rung at a time can avoid costly injuries and time away from work.

**Talk Given By:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Company:** \_\_\_\_\_ **Location:** \_\_\_\_\_

Printed Name	Signature